

In The Claims

1. (Previously cancelled) An exercise device comprising:

first means permitting leg backward movement against a first resistance;

second means permitting leg forward movement against a second resistance equal to said first resistance.

2. (Previously cancelled) An exercise device as claimed in claim 1, further comprising:

means for adjusting the amount of said second resistance.

3. (Previously cancelled) An exercise device as claimed in claim 1, comprising:

means for guiding the user's foot along a predetermined path during said backward and forward movement.

4. (Previously cancelled) An exercise device, as claimed in claim 3, wherein said path

is a linear path.

5. (Previously cancelled) An exercise device comprising:

a frame;

means for translating at least a first follower in response to movement of at least a first limb of a user with respect to said frame;

variable speed means for resisting said translation of said follower with a first resistance related to the speed of said variable speed means;

means for controlling the speed of said variable speed means in response to the location of said user with respect to said frame, without the need for manual input by said user during exercise.

6. (Previously cancelled) An exercise device for use by an exerciser, comprising:
 - first means permitting leg exercise coupled to a first speed regulator;
 - second means permitting arm exercise, wherein, during a time when said exerciser is maintaining a constant level of effort, an increase in said leg exercise is accompanied by a decrease in arm exercise.
7. (Previously cancelled) An exercise device as claimed in claim 6 wherein said second means is coupled to said first speed regulator.
8. (Previously presented) An exercise device, comprising:
 - a frame having a front end and a rear end;
 - a carriage supported on said frame and adapted for user engagement, said carriage further adapted for generally reciprocating movement between said ends;
 - a dynamic member capable of movement in a first direction;
 - a means for providing first resistance between said carriage and said dynamic member, said first resistance urging said carriage in said first direction;
 - a means for engaging said carriage against said dynamic member to enable the user to propel said carriage in a second direction; and
 - a means for maintaining said carriage between said ends.
9. (Cancelled) An exercise device as defined in claim 8 wherein said carriage is a seat.
10. (Cancelled) An exercise device as defined in claim 8 wherein said carriage is a shoe.
11. (Previously presented) An exercise device as defined in claim 8 wherein said dynamic member is driven by a motor.

12. (Previously presented) An exercise device as defined in claim 11 wherein at least one of said ends of said frame are adjustable above a support surface, whereby said frame is capable of inclining and/or declining with respect to said surface.

13. (Previously presented) An exercise device as defined in claim 11, wherein said motor provides a varying speed, whereby the speed increases as the average position of said carriage moves towards said front end and decreases as the average position of said carriage moves towards said rear end.

14. (Previously presented) An exercise device as defined in claim 8 wherein said dynamic member is coupled to a flywheel causing a rotation thereof when said carriage is moving in said first direction.

15. (Previously presented) An exercise device as defined in claim 14 wherein said front end of said frame is adjustable above a support surface.

16. (Previously presented) An exercise device as defined in claim 8 wherein said means for engaging includes a one-way clutch.

17. (Previously presented) An exercise device as defined in claim 8 wherein said means for maintaining includes a means for providing a second resistance to said dynamic member whereby said second resistance decreases as the average position of said carriage moves towards said front end and increases as the average position of said carriage moves towards said rear end.

18. (Previously presented) An exercise device as defined in claim 8 wherein said means for maintaining includes a stop near said front and said rear ends of said frame.

19. (Previously presented) An exercise apparatus, comprising:

a frame having a front end and a rear end, said front end of said frame is adjustable above a support surface;

a carriage supported on said frame and adapted for user engagement, said carriage further adapted for generally reciprocating movement between said ends;

a dynamic member coupled to a flywheel causing a rotation thereof when said carriage is moving in said first direction.

a means for providing resistance between said carriage and said dynamic member, said resistance urging said carriage in said first direction;

a means for engaging said carriage against said dynamic member to enable the user to propel said carriage in a second direction; and

a means for maintaining said carriage between said ends.

20. (Cancelled) An exercise apparatus as defined in claim 19 wherein said carriage is a seat.

21. (Cancelled) An exercise apparatus as defined in claim 19 wherein said carriage is a shoe.

22. (Previously presented) An exercise apparatus as defined in claim 19 wherein said means for engaging includes a one-way clutch.

23. (Previously presented) An exercise apparatus as defined in claim 19 wherein said means for maintaining includes a means for providing a second resistance to said dynamic member whereby said second resistance decreases as the average position of said carriage moves towards said front end and increases as the average position of said carriage moves towards said rear end.

24. (Previously presented) An exercise apparatus comprising:

- a frame having a front end and a rear end;
- a carriage supported on said frame and adapted for user engagement, said carriage further adapted for generally reciprocating movement between said ends;
- a dynamic member driven by a motor;
- a means for providing resistance between said carriage and said dynamic member, said resistance urging said carriage in a first direction;
- a means for engaging said carriage against said dynamic member in a first direction to enable the user to propel said carriage in a second direction; and
- a means for maintaining said carriage between said ends.

25. (Previously presented) An exercise apparatus as defined in claim 24 wherein said carriage is a seat.

26. (Previously presented) An exercise apparatus as defined in claim 24 wherein said carriage is a shoe.

27. (Previously presented) An exercise apparatus as defined in claim 24 wherein said means for engaging is a one-way clutch.

28. (Previously presented) An exercise apparatus as defined in claim 24 wherein said means for maintaining include a carriage stop near said front and said rear ends of said frame.
29. (Previously presented) An exercise apparatus as defined in claim 24 wherein at least one of said ends of said frame is adjustable above a support surface whereby said frame is capable of inclining and/or declining with respect to said surface.
30. (Previously presented) An exercise apparatus as defined in claim 24 wherein said motor provides a varying speed, whereby the speed increases as the average position of said carriage moves towards said front end and decreases as the average position of said carriage moves towards said rear end.